

MYRINGOTOMY (ADULT)

PLACEMENT OF EAR TUBES

REMEMBER TO FOLLOW ALL GUIDELINES THAT WERE PROVIDED TO YOU BY THE SURGERY CENTER OR HOSPITAL ABOUT WHAT TIME YOU SHOULD STOP EATING AND DRINKING.

On the day of surgery, please report to the Surgery Center or Hospital on time for your scheduled procedure.

1. You may have some ear discomfort following surgery. This is temporary and is usually not a sign of infection. If you are in pain, Tylenol or Motrin may be taken.
2. Drainage from the ear is not unusual for the first few days. This drainage may appear blood-tinged, mucous-like or clear. It is important that you not put anything inside of the ears to try to clean them.
3. The length of time that tubes stay in is different for everyone. Some people may have the same set of tubes in for a couple of years, others for a couple of months. Following surgery, the doctor will see you every 6 months to check on the placement of the tubes.
4. You will likely be sent home from surgery with antibiotic ear drops. These should be used as directed by your physician. If a refill is needed, please contact the office.
5. The ears should be kept dry for the first week after surgery. After that, the ears may get wet. Swimming in either lake or pond water may increase the risk of infection because of higher bacteria levels. If you are concerned, ear plugs can be used. These can either be purchased through our audiology department or over the counter.
6. You can still have ear infections even after tubes are in. If there is an infection, there will likely be drainage. This drainage may look like mucous, blood or yellowish. Please contact our office or your PCP for further treatment/instruction.
7. Because anesthesia is used for this procedure, you must remain out of work for the day of surgery but may return the following day without restrictions (except to keep the ears dry).
8. A small number of patients will have problems with the tubes. These are almost always minor in nature and include persistent infections, plugging of the tubes, tubes falling out early and a persistent hole in the eardrum after the tubes extrude. There is a 20-30% incidence of need for repeat tube insertion. All of these can be discussed further with your surgeon if needed.
9. There will be a postoperative appointment scheduled for you, which will generally be 10-20 days after surgery. You should have received a card with this appointment location, date and time- if you did not, please call the office to find out when this appointment is.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE.